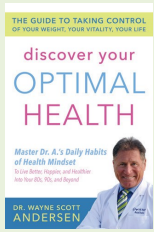


Discover the Habits of Health System



| Lesson  | Chapter  | DVD  | Dr. Andersen is the Teacher... Your coach is your guide! |  |
|---|---|---|---|---|
| 1 | 1-2 | VOL 1 Healthy Mind | It's not your fault! Understand your changing world | |
| 2 | | 1 | Power of habits. Identify and form new ones | |
| 3 | | 1 | Behavior chains and triggers | |
| 4 | 5 | 1 | You current health – Health assessment | |
| 5 | 3 | 1 | What do you want? SMART Goals | |
| 6-7 | 4 | 1 | Choice and discipline – 6 The frames of desire 7 Creating structural tension | |
| 8 | 6-7 | VOL 2 Healthy Body | Understanding energy management Preparing your home – Journaling – Handling | |
| 9 | 8-10 | 2 | 9”plate – Color coded Glycemic shopping | |
| 10 | 11-12 | 2 | Transition – Maintenance formulas | |
| 11 | 13-15 | 2 | NEAT- Non-Exercise Activity Thermogenesis | |
| 12 | 16 | 2 | EAT - Exercise Activity Thermogenesis | |
| 13 | 17 | 2 | Sleep | |
| 14 | 18 | 2 | Support | |
| 15 | 19 | | Inflammation – Aging – Immune system | |
| 16 | 20 | | Vita nutrients | |
| 17 | 21 | | Wellbeing – Fulfillment. Dr. A's story | |
| 18 | 22-23 | | Longevity | |
| 19 | 24 | | Understanding Ultrahealth | |
| 20 | 25 | | Brain Health | |
| 21 | 26 | | Designing your Ultrahealth | |
| APPENDIX | TOOLS | | | |
| A PG 161 | PG 326 | | Physicians information | |
| B PG 163 | PG 334 | | NEAT log/scoring | |
| C PG 168 | PG 361 | | EAT log/scoring | |
| D PG 171 | PG 365 | | Sleep log | |
| E PG 175 | | | Dr. Mark Nelson Letter | |
| F PG 177 | | | Ultrahealth log | |
| | B PG 328 | | Meal recipes | |
| | C PG 333 | | Pedometer | |
| | E PG 339 | | Exercises with Lori | |
| | H PG 369 | | Caffeine count | |



Discover Your Optimal Health

The Guide to Taking Control of your weight, your vitality, your life

My #1 take - away

| | | |
|-------------------|---|--|
| FORWARD | Lawrence J Cheskin, MD, FACP | |
| INTRODUCTION | Robert Fritz | |
| LETTER FROM DR. A | Congratulations | |
| PREFACE | Lori Lynn Andersen, RN, BSN, CRNA, MSHSA | |
| 1 | Our Unhealthy World | |
| 2 | Are You Healthy? | |
| 3 | Selling Sickness | |
| 4 | Does Health Really Matter? | |
| 5 | Why Does It Seem So Difficult? | |
| 6 | From Should to Would | |
| 7 | Your Health Guide and Compass | |
| 8 | Your Health Is All about the Little Things | |
| 9 | First Steps: Your Choice of Health as a Priority | |
| 10 | Creating Your Healthy New World | |
| 11 | Integrating the Habits of Health into Your Life | |
| 12 | Discover the Habits of Healthy Weight Loss | |
| 13 | Discover the Habits of Healthy Eating | |
| 14 | Discover the Habits of Healthy Motion | |
| 15 | Discover the Habits of Healthy Sleep | |
| 16 | Discover the Habits of a Healthy Mind | |
| EPILOGUE | TAKING BACK YOUR LIFE | |
| AFTERTHOUGHTS | Dr. Andersen | |
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